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Housekeepers' Chat

Release Week of
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(NOT FOR PUBLICATION)

ANNOUNCEMENT: This is the second of the twice-a-week programs released for broadcasting during May, June, and July. Program includes notes on house furnishing, laundering, and cooking. Menu and three recipes from Bureau of Home Economics, U. S. D. A.

Bulletin Available: "Home Laundering."

---ooOoo---

I have something extra special for you today. A recipe for Strawberry Sauce, to be served on Cup Cakes, or Cottage Pudding. It is the most delectable Strawberry Sauce I have ever tasted, and I am not exaggerating.

However, Saturday's child must work for a living, and before I mention Strawberry Sauce again, I had better answer a few questions. You may be looking forward to the Strawberry Sauce.

First question: "What foods are especially valuable for anemic children?" Egg yolk, unusually rich in iron, is very valuable in cases of anemia. Other valuable sources of iron are prunes, raisins, orange juice, and green vegetables, especially spinach. Liver has been shown to be especially suitable for an anemic condition.

By the way, broiled liver is one of the appetizing dishes in today's menu. I hope the next question won't remind me of recipes, because I am trying to keep my thoughts on workaday problems.

Next question -- I'm safe. Next question: "Can you tell me what is meant by the fabric called osnaburg, and can you tell me how it is used?"

Yes, to both questions. If you have lived in the south, you know, of course, that osnaburg -- spelled o-s-n-a-b-u-r-g -- is a cotton fabric, commonly used for bags for potatoes or cotton picking, and for work clothing. Perhaps you have even picked up one of these bags, made of this stout, firm, attractive material, and wondered why it wasn't used for portieres, or window draperies, or other household furnishings.

The Bureau of Home Economics has lately called attention to the fact that osnaburg is an attractive fabric, inexpensive, and obtainable in many parts of the United States. Osnaburg launders well, and it can be dyed. However, the natural color is ideal for a good many household purposes.

In a boy's room, for example, osnaburg can be used for the bed or couch cover, curtains, dresser scarf, cushion tops, and slip covers for chairs. Boys like this material, because it is plain and durable. Osnaburg may also be used in

a girl's room. A color note is added to the plain fabric by putting cretonne bands of trimming on it.

I learned something the other day from a friend of mine, who has dressed up the radiator in her living room, with osnaburg. First, she placed a wooden shelf, supported by brackets, on top of the radiator. Over the shelf she fitted a pleated cover of osnaburg. This cover can be slipped off and laundered whenever it becomes soiled. With books, and a piece of pottery on top, the covered radiator has become a useful piece of furniture, during the time it is not needed for heating purposes.

In a young girl's bedroom, a dressing table might be improvised this way, provided the radiator is in a suitable wall space.

This friend of mine has also used osnaburg in her sewing room. She made a bag of the cotton fabric, with pockets for patterns and findings, and hung it on the door of the sewing-room closet.

Osnaburg is satisfactory for mattress covers, card-table covers, pads for chair seats, linings for draperies, covers for ironing boards, shopping bags, or furnishings for the sun room or porch. When the sofa cushions "step out" for the summer, they might well be dressed in durable covers of osnaburg. This material is also suitable in a summer cottage or camp, for porch and boat cushions, dressing-table draperies, sleeping porch bed covers, and duffle bags for camping trips.

Camping trips! I must not let my mind dwell on camping trips, at this juncture. Let's talk about something else.

Here's a good sensible question: "What wall papers are best for general use?"

Answer: Many persons prefer a wall paper that gives a plain effect, or one with an inconspicuous, all-over design, that the family won't tire of. Papers with a rough finish do not show soil quickly. Gray or cream colored paper, with a lighter tone for the ceiling, makes a good background for pictures, and gay curtains.

Another question: "Dear Aunt Sammy: I wish you'd tell me the correct way to starch clothes, so they'll look nice, and not have shiny spots on them, when they are ironed. I've worked in an office all my life, till this spring, and I find there are lots of things about housekeeping that I don't know. Can you help me out?"

I'll see what I can do for you. I'm sending you a number of household bulletins, including the one on Home Laundering, which tells everything anybody ought to know, about washing and ironing clothes. As for your question, about starching clothes. Let me give you a brief dissertation on this subject. In the first place, starch the clothes wrong side out. Leave them wrong side out, till they're sprinkled. For white clothes, use the starch as hot as you can stand it. Hot starch goes through the fabric better and more evenly, and doesn't leave shiny spots when ironed. Keep most of the starch hot. Use only part of it at a time. Replace it, when it gets cold and thin. The ideal method of starching is to have

two pans of starch, besides the reserve supply. Dilute one with enough water to make a good paste for the thinner materials, and keep the other thick enough for the heavier clothes.

Begin by starching the garments you want stiffest. Clothes wrung very dry before starching will be stiffer than wetter ones. White starch shows plainly when used on dark-colored clothes. It may be tinted with tea or coffee for browns, and with bluing for blues, or specially tinted products may be purchased. Dry all colored garments in the shade. Be sure they are wrong side out. Take the colored clothes off the line as soon as they are dry.

Here are three laundry hints which may interest you:

First--A new rope clothesline will be softer, and will last longer, if boiled for a few minutes in soapy water.

Second--A clothespin basket, with wire hooks, is a time-saver on wash day. Push it along the clothesline as you hang the clothes.

Third--A spray head, attached to a cork fitted into a bottle, makes a good clothes sprinkler. A round whisk broom, new and clean, is also a good clothes sprinkler. Both these methods give a finer spray, sprinkle more evenly, and do the work in less time than the hand method.

One more question: "I should like to have information on washing lace curtains, wool blankets, and children's sweaters."

The answers to all these questions are in the Laundry Bulletin, which I am sending you. You will find all the information in this free bulletin easy to follow, and practical.

Now may I talk about something else? Perhaps I look as if I wanted to answer questions all day, but appearances are often deceiving. That reminds me of a story Uncle Ebenezer told me last night. He was walking home from work, when he saw Rastus and his dog. The dog was howling dismally.

"Rastus," said Uncle Ebenezer, "your dog seems to be in pain."

"No suh," said Rastus. "That dog ain't in no pain. He's jes' lazy."

"But surely," said Uncle Ebenezer, "he must be suffering, or he wouldn't howl like that."

"Jes' plain laziness," insisted Rastus. "Jes' plumb laziness; he's sittin' on a thistle."

Now I am going to talk about dinner, and no one can stop me. Here's the menu: Broiled Liver; Chopped Spinach; Scalloped Potatoes; Cup Cakes, with Strawberry Sauce.

First, let's take up the Broiled Liver. You may use beef, calf, lamb, or hog liver. Say you have one and one-half pounds of liver, cut in slices one-fourth inch thick. Everybody hear that? One and one-half pounds of liver, cut in slices one-fourth inch thick. Wipe the slices of liver, with a damp cloth. Place the liver on a greased baking sheet, and put it under the flame of the broiling oven. Cook from 8 to 10 minutes, turning frequently. When the liver is done, sprinkle it with salt and pepper, pour over it some melted butter, and serve at once.

Next, the Chopped Spinach. What? Some one says he doesn't like spinach! I am surprised! I am indeed! There's something wrong, with you, or with the spinach. Maybe you don't wash it enough. You must wash the spinach through many waters, until all the grit is removed, and then -- What's that? Though it's washed in seven waters, it's still spinach to you? Just try my recipe for Chopped Spinach, and you'll change your mind.

Here's the recipe, for Chopped Spinach:

Wash the spinach through many waters. When all grit has been removed, drain well, and chop the spinach very fine. For each pound of spinach melt in a saucepan 3 to 4 tablespoons of butter. When lightly browned, add the spinach. Cover the pan a few minutes, until the spinach has wilted. Then remove the cover, add the salt and cook for 8 or 10 minutes, stirring frequently. For children, serve on crisp toast to conserve the liquid.

The recipe for Scalloped Potatoes is in the Radio Cookbook, which saves broadcasting Scalloped Potatoes today. Our dessert is Cup Cakes, with Strawberry Sauce. For the Cup Cakes, use a good plain cake recipe, and bake in muffin tins.

Here's the recipe, for Strawberry Sauce, to be served on the cup cakes:

- 1 cup fresh strawberries
- 1/3 cup butter
- 3/4 cup powdered sugar
- 1/8 teaspoon salt, and
- White of 1 egg.

Five ingredients, for Strawberry Sauce. Check them, please, while I repeat them: (Repeat)

Cream the butter. Add the sugar and salt. When thoroughly mixed, add the stiffly beaten white of egg, and the strawberries, which have been crushed. The acidity of the berries causes the sauce to separate somewhat. To overcome this, warm the sauce slightly, over hot water, and stir it until it is smooth. Serve it at once, or chill if a thicker sauce is desired.

To repeat the menu: Broiled Liver; Chopped Spinach; Scalloped Potatoes; Cup Cakes, with Strawberry Sauce.

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